



# NATURE COAST JOURNAL

JANUARY 2025

[www.ncintergroup.com](http://www.ncintergroup.com)

**Nature Coast Intergroup and District 28 Business Meetings are usually held on the first Sunday of the Month at Shepherd of the Hills Episcopal Church, 2540 West Norvell Bryant Highway, Lecanto, FL**

***Intergroup meets at 4:30pm and District meets at 5:45pm.***

**All Are Welcome!!!**

**Intergroup & District 28 Business Meeting Dates**

Jan 12	Feb 2
Mar 2	Apr 6
May 4	June 1
July 6	Aug 3
Sept 7	Oct 12
Nov 2	Dec 1

## NEW YEAR – NEW IDEAS



Hi to all! It's a new year and we should be considering some new ideas (some of us like to hold on to the old ones) and some new habits (actions). The story that follows suggests we should perhaps carry the

holiday outlook to the way we see things through the coming year. Best wishes for the New Year!

*Bill K., Journal Editor, [news@ncintergroup.com](mailto:news@ncintergroup.com)*

### **A NEW HOLIDAY PERSPECTIVE: - BRINGING JOY TO THE LESS FORTUNATE**

*By Rick R.*

How appropriate it seems that there are twelve months in a year, and we have twelve steps in the program. November is often referred to as Gratitude month, due to the celebration of Thanksgiving. The joy of good living is the theme of Step Twelve, and it blends right in with the Christmas holiday season in December and ending with the New Year's Eve celebration. This time of year, does bring joy to many of us but it also brings distress to some of the less fortunate ones who have yet to be blessed with the gift of sobriety and peace of mind, in and outside of AA.

*continued on page three*

**HOTLINE: 352-621-0599**

## **DECEMBER ANNIVERSARIES**



If you would like us to recognize the sober anniversaries in your group, please send them to [news@ncintergroup.com](mailto:news@ncintergroup.com).

We will publish them in the Journal to congratulate the individual and the group on a job well done!

Crystal River Group at Serenity Club celebrates these anniversaries. It meets daily at noon and 8pm next to St. Benedict's Church.

Joanie C.	1 year
Allyssa W.	2 years
Karen H.	2 years
Melanie T.	2 years
Constance C.	4 years
Chris H.	9 years
Amy K.	9 years
Benjamin C.	10 years
Ski	10 years
Danny C.	17 years
Kathy M.	17 years
Peter D.	23 years
Dave M.	26 years
Charlie T.	29 years
Jeff C.	31 years
Kathy W.	37 years
Rina M.	37 years



## **DECEMBER ANNIVERSARIES**



The Monday Nite Men's Step Group at Shepherd of the Hills Church announces these anniversaries.

Arthur E.	3 years
Mike L.	19 years

Women's Friendship Group that meets on Mondays at 10am at Club Recovery celebrates these anniversaries.

Jill P.	34 years
Babs B.	44 years
Gina C.	51 years

The You Have A Choice group meets on Monday-Saturday at 8 am Frist United Methodist Church of Homosassa announces this anniversary.

Fran G.	39 years
---------	----------

The Women to Women's group that meets on Tuesdays at 6pm at Redeemer Presbyterian Church celebrates these anniversaries.

Sharon E.	10 years
Vickie S.	19 years
Terri N.	31 years
Diana K.	42 years

## **MEETING NAME CHANGES**

The Saturday 10:00 am meeting at Club Recovery is now the Sober Nooner's Group and the Wednesday noon meeting will be called 164 Mad Dogs.

*continued from page one*

During my drinking days I used to be extremely uncomfortable about the holidays. I never knew how to act around normal people unless I was half smashed. When invited by one of my siblings to Thanksgiving dinner, I felt like a charity case and would rather just hang out at the bar where I felt safe. I never got into the spirit of reaching out to others. My family always celebrated the different holidays, especially Thanksgiving and Christmas. I would always (due to my discomfort) put a damper on it by complaining about the tacky gifts that people would buy for each other at Christmas and the mad rush to go shopping and the commercial facade that it had become. Any excuse was better than facing me and the miserable wretch I had become.

After being sober for several years, it occurred to me that I still had some of those same attitudes, and that I was still holding onto them to some degree largely due to the inconvenience of it all. I explained this problem to a dear friend once, and he asked, "Does the rest of the family enjoy the holidays?" I said yes. He then said, "Why don't you just take a back seat and just watch the joy in their eyes as they experience these things." I did exactly what he suggested and when I started to observe my wife and two adolescent

girls and the childlike innocence and happiness it brought to them; it gave me a whole new appreciation for this time of year. It brought tears of joy to my eyes, and I no longer wanted to be the grouch, putting a damper on the joy that they were having. I have been following this line of thinking ever since and it has changed my whole perspective concerning these things. This change of attitude has inspired me to apply the unselfish lessons that I have come to understand and now I spend the holiday season filled with joy.

If it works like that for the holidays, then why can't I bring it with me for the rest of the year? This has been my mission ever since my friend suggested it, and I am always looking for the opportunity to brighten the lives of people less fortunate than myself. I try to do these things anonymously and without fanfare. I also try to consider the discomfort that I used to feel when I was the one on the receiving end of a charitable gesture. I am careful to do these things in a way that preserves the dignity of the other person. I do not have to wait for the holidays to do these things. Every day is a holiday. You can believe me when I say, I reap more than my share of the joy. I hope this brings a new perspective to those who had trouble enjoying this time of year and I hope you have a joyful Holiday Season.

***Akron Intergroup News, Dec. 2024.***



### Step One

“We admitted we were powerless over alcohol – that our lives had become unmanageable.”



### Tradition One

“Our common welfare should come first; personal recovery depends upon A.A. unity.”



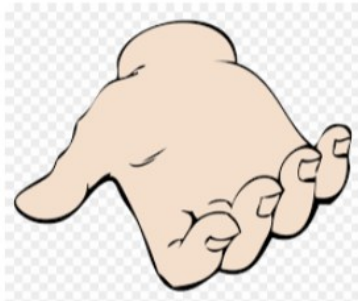
### Concept One

“Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.”

### Our whole outlook can change!



**HOLDING ON TO OLD IDEAS**



**OFFERING A HELPING HAND**

### SEVENTH TRADITION

For **District** and **Intergroup** contributions, please **write your group number** on the check.

Make check payable to **“District 28”** and mail to:  
**District 28**, PO Box 640914,  
Beverly Hills, FL  
34464

Make check payable to **“Nature Coast Intergroup”** and mail to:  
**Nature Coast Intergroup**, PO Box  
2634, Crystal River, FL 34423

For **Area** ([aanorthflorida.org](http://aanorthflorida.org)) and **GSO** ([aa.org](http://aa.org)) online contributions are preferred.

If paying **Area** by check, please write **“District 28”** and your group number on the check. Make check payable to **“NFAC”** and mail to:

Area 14, Panel 73 Treasurer,  
PO Box 840066, St. Augustine, FL  
32080

If paying **GSO** by check, please write **“District 28”** and your group number on the check. Make check payable to **“General Service Board”** and mail to:  
GSO, PO Box 2407, James A. Farley  
Station, New York, NY 10116-2407